

# THE MERRY MONTH OF MAY

FOOD FOR FITNESS AND FUN – MAY 2002

## Pick A Better Snack & Act

MAY featured produce items for the Pick A Better Snack and Act Campaign include:



- Asparagus
- Rhubarb
- Strawberries
- Spinach



For information about the produce and the Snack and Act Bingo card contact an Iowa State University Extension Office or go to the web:

[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)

Return completed May Snack & Act Bingo cards by the 31<sup>st</sup> of May to:

*Pick a Better Snack*  
P. O. Box 1913  
Iowa City, IA 52244

## TACO CHIP SALAD

*Grated carrot poses for cheddar cheese while the tortilla chips add flavor and crunch. This salad makes a nice lunch entrée or dinner side dish. Assemble the salad in the morning; add the dressing and garnish at service time.*

**Salad:** 6 cups romaine lettuce

- 1 ripe tomato, cored and cubed
- 1 cup canned kidney beans, rinsed and drained
- ½ green pepper, cored, seeded, diced
- 2 green onions, sliced
- 1 carrot, peeled and grated

**Dressing:** 1 Tablespoon olive oil  
3 Tablespoon red wine vinegar  
Black pepper to taste



**Garnish:** 1 oz. corn tortilla chips, crunched into small pieces

Place the salad ingredients in a large salad bowl in the order they appear. Chill until ready to serve. When ready to serve, toss the salad with the ingredients for the dressing and top with the garnish of tortilla chips. Serve immediately.

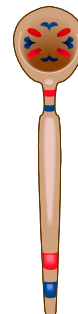
Serves 4. Each 2 cup serving: 156 calories, 5.8 g fat, <1 g saturated fat, 0 mg cholesterol, 58 mg sodium, 22 g carbohydrate, 6 g fiber, 6 g protein. Diabetic exch.: 1.5 starch, 1 veg, 1 fat.

Source: *Communicating Food for Health, May 2002*

## RHUBARB CRUNCH- Eight 1-cup servings

*It's the time of year to enjoy springtime with fresh rhubarb. This low fat dessert is sure to be a winner with your family.*

Filling: 6 cups chopped rhubarb  
1 pkg. sugar free raspberry gelatin  
2 tsp. vanilla  
1/2 cup orange juice  
Topping: 1/2 cup oatmeal  
1/2 cup brown sugar  
1 tsp. cinnamon  
2 Tbsp. margarine  
2/3 cup flour



Preheat oven to 350° F. Combine gelatin, vanilla, and orange juice. Add this to rhubarb in a 9-inch square baking dish. Use a pastry blender in a small mixing bowl to combine all remaining ingredients until they are crumbly. Sprinkle crumbs over the rhubarb. Bake for 45 minutes uncovered, just until bubbly. Cool and serve. Use vanilla nonfat yogurt, vanilla ice milk, or vanilla frozen yogurt as a topping.

*Per serving: Calories 157; Protein 3 g.; Fat 3 g.; Fiber .3 g.; Carbohydrate 30 g.; Sodium 69 mg.; Cholesterol 0;*

*(Adapted from All-American Low Fat Meals in Minutes by M.J. Smith; DCI Publishing)*

## SPRINGTIME FROZEN TREATS

*These treats take advantage of our Pick a Better Snack fruit items this month- rhubarb and strawberries. They are a low sodium, low calorie treat to be enjoyed by all ages!*

3 cups chopped fresh or frozen rhubarb (1/2 inch pieces)  
1/4 cup sugar  
1-8 oz can crushed pineapple packed in juice  
2 – 8 ounce cartons strawberry yogurt  
1 cup chopped strawberries – fresh or frozen  
2 drops red food coloring, optional

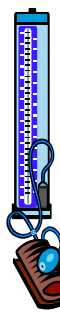


Combine rhubarb, sugar and undrained pineapple in a microwave safe bowl. Cook, covered, on full power for about 10 minutes stirring halfway through cooking. (**Note:** Fresh fruit will need shorter cooking time.) Cool. In another bowl, combine yogurt, strawberries and cooled rhubarb/pineapple mixture. Add food coloring if desired. Pour into foil lined cupcake liners or cups. Freeze. Makes 8-½ cup servings.

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## MAY IS HIGH BLOOD PRESSURE



### EDUCATION MONTH

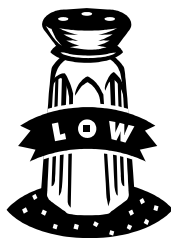
Many people assume that if they have not been diagnosed with hypertension by the time they are 65 years old, they are out of the woods. Not so, according to a new study. The study shows 90% of Americans will develop high blood pressure. Yet hypertension can be prevented and is usually treated effectively simply by adopting a healthier diet.

**THE BOTTOM LINE:** The more added salt from the saltshaker or processed foods is reduced in the diet the healthier Americans will become. Excessive dietary salt has been linked to hypertension, strokes, heart attacks and kidney failure but also to stomach, esophageal and kidney cancer. Osteoporosis, kidney stones, and headaches have also been tied in part to excessive dietary salt. The DASH-2 study proved that reducing sodium to 1500 mg per day reduced blood pressure more than reducing it to only 2400 mg in both normal and hypertensive subjects. The good news is that dramatically reducing salt intake will slow, stop or often reverse the cellular damage leading to these all too common health problems. The reduction in disease risk for those who cut out all salty foods can be as dramatic as the reduced risk of lung cancer, emphysema and heart disease in people who quit smoking.

### HOW DO I EAT LESS SALT?

Following are some major sources of salt. Try reducing the number of these foods eaten.

- Boxed dinners
- Bread and other baked goods
- Canned foods, including soups and broths
- Cheese
- Chips and salted nuts
- Condiments
- Crackers
- Frozen processed foods
- Packaged cereals
- Processed meats
- Salad dressing
- Salt shaker and seasoning mixes



Source: *Communicating Food for Health, May 2002*

## TRANS FATS - THE LATEST NEWS

Many of us have heard about trans fats but continue to be confused. Following is an overview and update.

- Trans fats result when manufacturers add hydrogen to oil (ex. corn, soybean) to make it more stable and solid at room temperature.
- Hydrogenation gives products a creamy texture and prolongs the shelf life of such products as cakes, cookies, crackers, chips, popcorn, and chocolate candy.
- Trans fats act more like saturated fat in your body by raising total and LDL (“bad”) cholesterol. But, unlike saturated fat, they also decrease the HDL (“good”) cholesterol making them even **worse than saturated fats**.
- Research is showing that trans fats may increase heart disease risk by elevating blood triglyceride levels, making it difficult for blood vessels to dilate and increasing diabetes risk.
- If the ingredient list on a product shows partially hydrogenated oil, you will know it contains trans fat. The problem is you have no way of knowing **how much** trans fat.
- Because trans fat is not listed on the nutrition facts panel, a manufacturer may substitute hydrogenated fat for saturated fat. In this way, the fat is almost ‘invisible’ to the label reader.
- Efforts to include trans fat on the nutrition label are still on the ‘back burner.’
- Eating small amounts of margarine or butter is not a reason for worry. But, if you eat a lot of margarine, switching to a tub, diet or liquid squeeze margarine is a healthier option.
- Reduce the quantity of processed and fast foods eaten because they are rich in trans fat.
- The USDA has developed a new process called low-trans hydrogenation which produces fewer trans fats and may soon be used for margarines and other spreads.

Source: *UC Berkley Wellness Letter, April 2002*

Prepared by *Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County*  
Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175

E-mail: [mjtemple@iastate.edu](mailto:mjtemple@iastate.edu)

<http://www.extension.iastate.edu/food>

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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